PLANET-FRIENDLY EATING

~ Poster ~

Small changes make a big difference when trying to eat in a "planet-friendly way"

"MAKE" Change

Have more local, seasonal fruit and vegetables

Could you try meat free Mondays?

Less emissions and less waste sent to landfill

Use your own water bottle and lunch box instead of buying packaged food

Make a shopping list. Only buy what you need.
Freeze and save leftovers.

Created by the Healthy Lifestyle subgroup of North West and South East Coast and London CYP Network. Endorsed by PDSG of BDA.